

## **Abstract**

**Title:.** Influence of physical activity on body fat reduction

**Objectives:** The main aim of this thesis is to verify the effect of physical activity on body fat reduction compared with a diet.

**Methods:** Literature search, creation of intervention programs and their implementation, data analysis and graphical presentation of results.

**Results:** Changes in body composition among different groups was not statistically significant. Effect of physical activity on body fat reduction is not confirmed - this hypothesis has been rejected

**Key words:** The exercise program, diet, body composition, gait, energy expenditure and intake, physical activity, motivation, reduction of subcutaneous fat, data collection and analysis, exercise and diet